

# August

## Canal Winchester Senior Citizens, Inc.

Frances Steube Community Center • 22 S. Trine Street • Canal Winchester, OH 43110 • (614) 837-8276

### A letter from your president

Dear Members,

As most of you know our Rummage/Bake Sale was really successful! We made over \$1,200.00! Thanks to everyone who helped or donated items.

The month of August is a very pretty month. All our flowers and gardens are in full bloom. I'll know summer is really here when we get our first red tomatoes from our plants.

Don't forget to come to join us for Tuesday luncheon. We would love to see you. Have a great summer!

See you at the center,  
Sara Hatton

### Senior Citizen Coordinator Message

Dear Members,

The "Dog Days of Summer" are upon us. So far it has been a rather pleasant summer even with the scarcity of rain.

Be sure to remember to sign up for lunches and to buy your catered meal ticket by **Friday, August 7**. Barbie Weidner from Blue Moon will be our caterer for Tuesday, August 11.

The Canal Winchester Farmer's Market is now open from 9—1:00 every Saturday through September 19 and on Wednesday evenings from 5—7:00 p.m. through August 23. Be sure to take advantage of the opportunity to purchase fresh produce from area farmers.

Also, you are welcome to come to the center at anytime. We have comfortable seating in the lounge if you are just looking for a cool place to spend the afternoon. You may play cards with friends, watch television (with cable & DVD player) work a puzzle or just read a book. This is your center.

*Donna*

### For Your Information

#### Bracelet Making Class— August 10

"Need 2 Bead" is again offering a class to make your own bracelet at 1:00 p.m. on Monday, August 10. Cost for the class is \$16.00 and includes everything to make your own personalized bracelet. Call the center to register. **Stop by to see sample!**

#### The James Mobile Mammography Unit Visit Cancelled

The James Mobile Mammography Unit has cancelled our mobile unit visit. If you want to continue to receive your mammogram through the James Clinic, please call 614-293-4455. The closest location is OSU East. You can schedule your appointment and then call the center to reserve the transportation van to take you for your appointment.

Don't put off having your annual exam just because the mobile unit is not coming to the center this year.  
**CALL FOR YOUR APPOINTMENT TODAY!**

#### Computers for Seniors



The "Senior Computers" are available from 9:00 am to 4:00 pm during office hours. Please stop in to take advantage of this service. You can use the computer to write and receive e-mail from friends and family or to research any topic you can imagine. Linda or Donna will be happy to lend a hand.

#### Lending Library at the Center

Did you know that there is a lending library at the Center? In addition to the large number of books which may be borrowed on the honor system, there are also magazines, puzzles and games which you are welcome to borrow. Just stop by the center anytime during office hours.

## *Happy August Birthday to~*

- Aug 2** Gloria Strasser, Bobbie White, Vickie Glover, Donna Shriner  
**Aug 4** Ruth Watkins  
**Aug 5** Wanda Foster, Mary Getreu  
**Aug 6** Frances Steube, Anne Smith  
**Aug 7** Jean Shaeffer  
**Aug 8** Lucy Hess  
**Aug 10** Mary Harden  
**Aug 11** Berta Esta, Belva George, John Thomas  
**Aug 12** Newton Behegan, Carol Goodin, Barbara Huston, Ben Lawrence, Patricia Queen  
**Aug 13** Bruce Palmer, John Seaton  
**Aug 14** Lelah Hedrick  
**Aug 17** Beatrice Seaton  
**Aug 18** Shirley Becht  
**Aug 19** Edna Chilcote, Rosemary Roshon  
**Aug 20** Glenn Faught, Jan Lydy  
**Aug 21** Betty Osborn,  
**Aug 22** Bob Emmert, Dorothy Pirtle  
**Aug 23** Frances Black, Ruth Crabtree,  
**Aug 24** Judy Boner, Lillian Thickston  
**Aug 26** Wretha Bowen  
**Aug 28** Ginny Bauman, Eileen Howe, Betty Ruth Morehart  
**Aug 30** Nancy Claffey  
**Aug 31** Bob Davis



## **July Sunshine Report by Pat Blythe**

*Sympathy card was sent to:* Marcie Hepe for the recent loss of two sisters and to Marian Andrews for the loss of her brother, Twila Conrad for the loss of her sister and to Mary Jones for the loss of her son-in-law

*Get Well cards were sent to:* Marian Andrews

*Thinking of You cards were sent to:* Don & Polly Sell

Please call Pat, Sunshine Committee Chairman, at 920-4681 if you know of a member who is ill or needs remembered.



## *July Door Prize Winners*

**Dianna's Flowers** - Evelyn Kern

**Orchids & Ivy Florists** - Evelyn Kobi

**Anthem Blue Cross (promotional material)**

Elaine Hanley, Evelyn Schiller, Sue Hodge, Glenn Graves, Mary Miles, Dick Hummel, Eileen Howe, Willard Koebel

**50/50 Winner** — Anna Frances

***Congratulations to the winners and thank you to all who donated prizes.***

## *Happy August Anniversary to ~*

- Aug 9** Bob & Anita Davis  
**Aug 17** Bill & Rose Wright  
**Aug 29** Bruce & Bunny Palmer



**Weekly Lunches at the Center****August Senior Lunches**

Lunch is served every Tuesday at 11:30 a.m. at a cost of \$2.00. You must call before noon on Friday to sign up. On the second Tuesday of each month C. W. Senior Citizens, Inc. hold their monthly meeting and luncheon at noon with entertainment after lunch. These lunches are either a pot-luck or a catered lunch at a cost of \$6.00. Tickets must be purchased by the previous Friday. The August 11 lunch is catered by Blue Moon Catering.

We are able to keep regular Tuesday lunches at the low cost of \$2 thanks to sponsorship donations by area businesses. Thank you to the following August sponsors:

July 7 Amazing Health Services  
July 28 Bright Star Home Health

**Monthly Activities**

**Progressive Euchre**  
**August 14 & 28**  
**Noon – 3 p.m.**

**Progressive Euchre is the second and fourth Friday of every month from Noon to 3:00 p.m. Fun, food, and prizes!**

**July 6 Winners**

1<sup>st</sup> Place – Emma Wagner  
2<sup>nd</sup> Place – Margaret Morrison  
Loner – Jim Schumacher

**August 11 Catered Menu**

Fresh Chicken Salad with Seasonal Fruit  
Tortellini Pasta Salad  
Assorted Fresh Veggies  
Rolls, Butter  
Assorted Finger Desserts  
Iced Tea, Coffee

**Catered by Blue Moon Catering**

**Cost \$6.00**

**Ticket must be purchased by noon on August 7.**



**B-I-N-G-O**  
**August 7**  
**Noon—3:00**  
**Come try your luck**

**August 21**

**“Out to Lunch Bunch”**



***The Wine Shop***

**W. Waterloo & Cemetery Rd.**

**We will leave the center at 11:15 a.m.**

**Sign up to join us for lunch on the patio!**

**Famous Quotes on Aging**

- Always be nice to your children, because they are the ones who will choose your rest home."--Phyllis Diller
- "The secret of staying young is to live honestly, eat slowly, and lie about your age."--Lucille Ball
- "Old age is no place for sissies."--Bette Davis
- You're only young once, but you can be immature all your life."--Charles Scoggins
- Old age is always 15 years older than I am."--Bernard Baruch
- "Age doesn't matter, unless you're a cheese."--Billie Burke
- "You don't stop laughing because you grow old. You grow old because you stop laughing."--Michael Pritchard





## Podiatrist Thursday, August 20



Dr. Liden is now coming to the center. The next visit to the center to clip toenails is Thursday, August 20, from 9:00 a.m. to noon. Call the podiatrist's office at 614-866-3182 to schedule your appointment.

PLEASE NOTE: Medicare will pay for this service once every 61 days if your yearly deductible has been met. Medigold and other insurances may have a deductible that must be paid by the patient. Please call the podiatry office if you

## Massages by Tania Neater, Licensed Massage Therapist August 5 & 19 9 a.m. – 2 p.m.

Does a relaxing massage sound nice? Then call Tania Neater at 740-438-2186 to schedule an appointment! Tania, a licensed massage therapist, offers one hour massages at the center on the first and third Wednesday of every month from 9:00 a.m. to 2:00 p.m. Cost is only \$30 per hour for senior citizens.

## "Penny Specials"

These trips and activities are made possible through a grant that Penny Miller, Canal Winchester Human Services Administrator, has obtained for the center. Since there is no cost for transportation this allows us to offer inexpensive fun trips and activities.

**All admissions and meals are on your own.** You must sign up in advance and a minimum of 5 people is necessary for a trips and activities. Meet at the center at the designated time or call for a pick up at your home. Due to funding these trips are limited to Canal Winchester Senior Citizens Inc. members who live in either Fairfield or Franklin County.

## Upcoming "Penny Trip" departure times:

- At 5:15 p.m. on August 21 for Scioto Downs
- At 11:00 a.m. on August 23 for Summer Movie Series
- At 9:00 a.m. on August 28 for The Wilds

## Upcoming Penny Specials

### SUMMER MOVIE SERIES AT THE OHIO THEATRE

Due to personal conflicts the Aug 9 movie

"The King & I" trip has been cancelled !!!

*The new movie is*  
**August 23, Sunday**  
**"South Pacific"**

**Will still leave center at 11:00 a.m. for a lunch  
before movie, on your own.**

**Saturday, Sept 19**

**The U. S. Army's Spirit of America**

**FREE CONCERT**

**At Nationwide Arena**

Performed in the tradition of both a military review and a large scale theatrical production, soldiers in period uniforms re-enact key moments from the Revolutionary War to current time. Dinner on your own. Leave center at 4:30 p.m.

**Tuesday, September 29**

**Leave center at 5:00 p.m.**

**"Cirque Dreams" at The Palace Theatre**

"Audiences of all ages will marvel as a journey of city dwellers reinvent everyday objects, balance beyond belief, delicately dangle from wires, leap tall buildings and redefine the risks of flight in array of astounding occurrences." **Cost \$40.50, Due Aug. 11. Dinner on your own at an area restaurant before the show.**

### "Seniors to Seniors"

It is time for the "Seniors" of Canal Winchester to extend a kindness to the "Seniors" of the C. W. football team. On Thursday, August 27, we are hosting the team meal for the C.W. Indians football team prior to their first season game.

The Friday game is also in celebration of 100 years of Canal Winchester football and all alumni of Canal Winchester are encouraged to attend the game. For the Thursday meal Canal Winchester Human Services will provide the meat and table service. We ask that each of you consider signing up to provide a side for the team meal. ~ Salad, Vegetable or Dessert ~ Please put your food items in disposable containers and have them at the C. W. center by 4:00 p.m. Thursday afternoon.

Penny also would like to invite anyone interested to help serve the football players. Please see the sign up sheet for additional information.

## Senior Transportation Program



The C.W. Transportation Program provides free transportation for senior citizens over the age of 60 and disabled persons. This service is offered **only** to residents of the Canal Winchester School District.

To participate in the program you must fill out a client information sheet. If you have not registered, please contact the center to obtain a copy of the guidelines and the client information sheet. All appointments are to be made through the center 614-837-8276. **Appointments must be scheduled at least two working days in advance. Your appointment must be no earlier than 9 a.m. and no later than 2 p.m.**

### ***One Year Ends, Another Begins*** by Jerry Callahan

Well, another year has slipped into the history books. It passed quickly. Seemingly the older one becomes the faster time seems to move. I really do not understand this. As a child time movement seemed deliberate. During my young adult years, perhaps it progressed somewhat quicker. Middle age came and went in a hurry.

When retirement faced me I erroneously thought time would crawl along. After all I no longer had to rise and hopefully shine to take on the responsibilities of making a living. Our children were grown and gone and on their own. So with little to do and still 24 hours in every day, 365 days in each year, why have the past ten or so years flown by? To quote the king in "The King and I", "Tis a puzzlement."

Trying to explain this seemingly enigma, a friend said to me, "It is simply a matter of arithmetic, Jerry." "What in the world does arithmetic have to do with the passage of time?" I replied. The explanation did make some sense. When you are age 10 each year is 10 percent of your total life. At age 25 4 percent of your total lifetime is consumed by one year. By 50 the percentage shrinks to just 2 percent and continues to decline. So, each succeeding year seems to pass more quickly.

OK, I am now 74. Guess that means, if we follow the explanation, about 1.4 percent of your total lifetime is consumed in one year. Next will that percentage be 1.38? Pondering this phenomenon, if that is the word, time now moves twice as fast as when I was 37. At age 18-19 that year must have seemed four times as long as the past one. Whether time movement seems fast or slow, the key when you reach my age is to make every day count. As a matter of fact making every day count regardless of your years is a pretty good idea.



## UPCOMING TRIP INFO

The following trips are offered in partnership with Groveport and Pickerington Senior centers. Most trips are open to anyone. Stop in or call the center to register for a trip or for more information. If you would like to travel but don't have a partner, please let the center office know and we might be able to pair you up with a travel partner.

**Keep in mind that once we have paid for a trip and you cancel the travel company will not refund your money. If they offer insurance on the trip it's a good idea to take the insurance.**

### The Bus is leaving.....

**Wednesday, August 5 at 8:15 am from the Groveport Senior Center for LaComedia**

## LaComedia Wednesday, Aug 5

Leapin' Lizards, she's back in town! America's favorite sweetheart comes to LaComedia in one of the most popular Broadway shows of all time.

Cost is \$57.00 and includes motor coach transportation, the fabulous LaComedia lunch buffet and the hit musical *Annie*.  
**Call to check for space on this trip!**

## Amish Country September 30 \$63.00



Ready for a fall tour of the Amish country with our guides Jonas and Edna? This should be a great trip with time to shop, lunch, and a buggy ride. Tour Yoder's Farm and visit an Amish famer's market, Amish Bakery, Heini's Cheese and Coblentz Chocolates. Then enjoy a fabulous lunch at Der Dutchman.

**Cost is \$63.00 and includes lunch and all gratuities. Checks should be payable to Pickerington Senior Center.**

## September 14—18 Niagara Falls, Canada

Cost for a double occupancy is \$630.00 with a \$100.00 deposit. Balance is due before July 27. Cancellation Insurance is available upon request. Ask for a form.

**SPACE STILL AVAILABLE! Sign up now!**

**A VALID PASSPORT IS REQUIRED WHEN TRAVELING INTO CANADA. Check with any Post Office regarding a "Land & See Only" Card Passport. Call for availability of**



## LaComedia *Joseph & the Amazing Technicolor Dreamcoat*

### Wednesday, October 7

*Joseph* is a fun, upbeat adaptation of the Biblical story told in "Genesis" of a young man sold into slavery by his own jealous brothers. His gift of interpreting dreams catches the eye of the Pharaoh and he eventually predicts and saves his country from a terrible famine. Set to an abundance of musical styles from country-western and calypso to bubble-gum pop and rock 'n roll, this Old Testament tale emerges both timely and timeless.

Cost is \$57.00 and includes motor coach transportation, the fabulous LaComedia lunch buffet, all tips and the musical production of *Joseph and the Amazing Technicolor Dreamcoat*.

- You're only young once, but you can be immature all your life.

## November 11-18 Discover the French Riviera

Enjoy beautiful weather, sunny skies and breathtaking scenery all from a central hotel so there is no transferring hotels during his fabulous trip. Explore the area and walk to shops and restaurants and more from the hotel.

The trip includes airfare, 6 breakfasts, 4 dinners, motor coach transportation to and from airport and more.

Cost is \$2,459.00 double occupancy. \$250.00 deposit. Insurance is \$150.00.



# August 2009

**Canal Winchester Senior Citizens,**

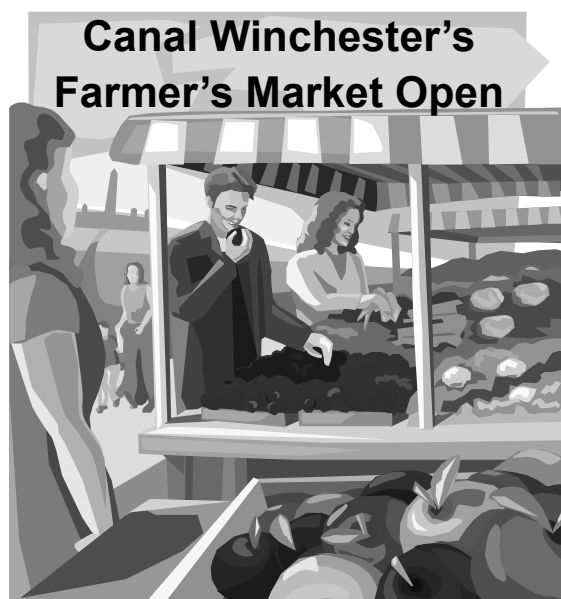
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 9:00 Quilting 10:00 Senior Board Meeting 6:00 pm Boy Scouts	4 9:30 Crafts 11:30 Lunch & Cards	5 8:15 Bus leaves from Groveport for Annie 9-2 p.m. Massages 9:30 Volleyball Practice 7:30 CW Art Guild	6	7 12:00 - 3:00 Bingo Rented 6-8:00 p.m.	8
9	10 9:00 Quilting 1:00 Beading Class 6:00 pm Boy Scouts	11 Noon—Catered Lunch Meeting 7:30 pm C.W. Garden Club	12 9:00 Meeting in Lounge 9:30 Volleyball Practice	13 7:30 pm VFW	14 12:00 - 3:00 Progressive Euchre	15 Rented 2-4:00 p.m.
16	17 9:00 Quilting 6:00 pm Boy Scouts	18 9:30 Crafts 11:30 Lunch & Cards Sponsor—Winchester Place	19 9:30 Volleyball Practice 9-2 p.m. Massages	20 9:00—Noon Podiatrist 7:00 Labor Day Meeting	21 11:00 “Out to Lunch Bunch” 5:30 Van leaves for trip to Scioto Downs	22
23 11:00 a.m. Van leaves for Movie—“South Pacific”	24 9:00 Quilting 6:00 pm Boy Scouts	25 9:30 Crafts 11:30 Lunch & Cards Sponsor—Jarvis Law	26 10:30 Volleyball Home Game vs 6th Ave. Meth	27 10:00 Chorale Practice	28 9 am Van leaves for trip to The Wilds 12:00 - 3:00 Progressive Euchre	29
30	31 9:00 Quilting 6:00 pm Boy Scouts					

Canal Winchester Senior Citizens, Inc.  
22 S. Trine Street  
Canal Winchester, OH 43110  
614-837-8276

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**August Newsletter**  
**Dated material. Please deliver promptly**



**Canal Winchester's  
Farmer's Market Open**

**Saturdays 9:00 a.m. - 1:00 p.m.**

**Wednesdays 5:00 p.m. – 7:00 p.m.**

**Frances Steube  
Community/Senior Center  
22 S. Trine Street  
Canal Winchester, OH  
Center Staff:**

*Carrie Hoover, Community Affairs Director  
Donna Warren, Senior Citizen Coordinator  
Linda Tennison, Receptionist  
Lou Snyder, Senior Transportation Driver  
Larry Dowler, Senior Transportation Driver  
Penny Miller, C.W. Human Services*

**2009 –2010 OFFICERS**

Sara Hatton—President

Conrad Yeater—Vice President

Secretary—Jeanne Johnston

Treasurer—Anne Francis